

FOODS	AMOUNT	CALORIES
Candies		
Chocolate fudge.....	1 piece (1½ x ¾ x 1 inch).....	100
Chocolate nut caramel.....	1 piece (1 x 1 x ¼ inch).....	100
Milk chocolate (sweetened).....	1 piece (2½ x 1 x ⅛ inch).....	100
Penouche.....	1 piece (1 x 1 x ⅝ inch).....	100
Popcorn		
Unbuttered.....	1½ cups.....	100
Pies		
Apple.....	average serving 3 inches at circumference.....	200
Custard.....	average serving 3 inches at circumference.....	150
Cream.....	average serving 3 inches at circumference.....	150
Plain pastry.....	¼ of one crust.....	100
Cereals		
Corn flakes.....	1¼ cups.....	100
Cream of wheat (cooked in milk).....	4 tablespoons.....	160
Cream of wheat (cooked in water).....	⅔ cup.....	100
Oatmeal (cooked in milk).....	⅔ cup.....	200
Oatmeal (cooked in water).....	¾ cup.....	100
Corn meal.....	⅔ cup.....	100
Grapenuts.....	3 tablespoons.....	100
Hominy grits (boiled).....	⅔ cup.....	85
Puffed rice.....	1⅓ cups.....	100
Puffed wheat.....	1⅓ cups.....	100
Shredded wheat.....	1 biscuit.....	100
Rice (boiled).....	⅔ cup.....	100
Spaghetti (baked with tomato).....	1 heaping tablespoon.....	100
Spaghetti (plain).....	⅔ cup.....	100
Macaroni (plain).....	1 cup.....	100
Miscellaneous		
French dressing.....	1 tablespoon.....	65
Mayonnaise.....	1 tablespoon.....	100
Olive oil.....	1 tablespoon.....	100
Olives.....	6 to 8 olives.....	100
Honey.....	1 tablespoon.....	100
Maple sugar.....	1 tablespoon.....	60
Peanut butter.....	1 tablespoon.....	100
Domino sugar or cube.....	1 cube.....	25
Sugar (granulated).....	1 tablespoon.....	50
Almonds.....	12 to 15 almonds.....	100
Peanuts.....	20 to 24 single peanuts.....	100
Walnuts.....	12 walnut meats (halves).....	100
Cocoa (made with milk).....	1 cup.....	200
Lemonade or orangeade (plain).....	1 glass.....	100
Vanilla Ice Cream.....	2 tablespoons of homemade.....	100
Vanilla Ice Cream.....	¼ cup of bought.....	100

LOS ANGELES CITY SCHOOL DISTRICT
DIVISION OF SERVICE—HEALTH SERVICE SECTION

Corrective Calorie Table

FOR USE IN CORRECTIVE CLASSES

COOKED FOOD—READY TO SERVE

FOODS	AMOUNT	CALORIES
Meats		
Roast beef (fat).....	1 slice (5 x 2½ x ¼ inch).....	175
Roast beef (lean).....	1 slice (5 x 2½ x ¼ inch).....	110
Ground round steak.....	1 pat (4 inches).....	185
Round steak (lean).....	1 slice (4½ x 3 x ½ inch).....	185
Tenderloin steak (fat).....	1 slice (4 x 2 x ½ inch).....	285
Sweetbreads.....	1 slice (4 x ¾ x 2 inches).....	135
Beef tongue.....	1 slice (2½ x 3 x ⅛ inch).....	75
Chicken (roast).....	3 slices (1½ x 4½ x ¼ inch).....	180
Chicken (creamed).....	2 heaping tablespoons.....	250
Lamb chop (fat).....	1 chop (4 x 2 x ¾ inch).....	250
Lamb roast.....	1 slice (5 x 2½ x ¼ inch).....	100
Mutton (lean).....	1 slice (5 x 2½ x ¼ inch).....	80
Mutton chop (lean).....	1 chop (4 x 2 x ½ inch).....	100
Leg of mutton roast (fat).....	1 slice (5 x 2½ x ¼ inch).....	235
Pork roast.....	2 slices (4 x 2½ x ⅛ inch).....	210
Boiled Ham.....	1 slice (3½ x 2½ x ⅛ inch).....	93
Bacon (uncooked).....	2 slices (7 x 2 x 1/6 inch).....	150
Turkey (roast).....	2 slices (2½ x 4½ x ¼ inch).....	285
Veal cutlet.....	1 cutlet (4 x 2 x ½ inch).....	100
Veal roast.....	1 slice (5 x 2½ x ¼ inch).....	100
Fish		
Bluefish.....	average helping (3½ x 3 x 1 inch).....	150
Cod.....	average helping (3½ x 3 x 1 inch).....	100
Halibut.....	average helping (3½ x 3 x 1 inch).....	125
Salmon.....	average helping (3½ x 3 x 1 inch).....	200
Mackerel.....	average helping (4 x 2 x ¾ inch).....	100
Sardine (canned).....	1 fish (3 x 1 x ¼ inch).....	30
Spanish mackerel.....	average helping (3½ x 3 x 1 inch).....	150
Brook trout.....	average helping (5 x 1¼ x 2½ inches).....	60
Oyster (raw).....	6 medium.....	40
" (creamed on toast).....	6 oysters and 1 slice toast.....	250
Oyster stew.....	4 oz. with 6 oysters.....	140
Soups		
Bean (thin).....	4 oz. average helping ½ cup.....	50
Bean (thick).....	4 oz. average helping ½ cup.....	100
Chicken.....	4 oz. average helping ½ cup.....	60
Clam chowder.....	4 oz. average helping ½ cup.....	100
Green turtle.....	4 oz. average helping ½ cup.....	60
Meat stew.....	4 oz. average helping ½ cup.....	125
Cream soups:		
Asparagus.....	4 oz. average helping ½ cup.....	100
Celery.....	4 oz. average helping ½ cup.....	100
Corn.....	4 oz. average helping ½ cup.....	110
Green pea.....	4 oz. average helping ½ cup.....	100
Potato.....	4 oz. average helping ½ cup.....	110
Tomato.....	4 oz. average helping ½ cup.....	100

FOODS	AMOUNT	CALORIES
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Soups (Continued)		
Canned soups:		
Oxtail.....	4 oz. average helping ½ cup.....	50
Split pea.....	4 oz. average helping ½ cup.....	100
Tomato.....	4 oz. average helping ½ cup.....	75
Vegetable.....	4 oz. average helping ½ cup.....	20

Dairy Products and Eggs		
Butter.....	1 ball (average serving—1 tablespoon).....	100
Cream, Grade B table.....	1 oz. (2 tablespoons).....	50
Sweet milk.....	1 oz. (2 tablespoons).....	20
Sweet milk.....	½ pint (1 cup or 1 glass).....	160
Buttermilk.....	1 glass.....	80
Cheese:		
American.....	1 cubic inch.....	90
Camembert.....	1 tablespoon.....	60
Cream.....	1 cubic inch.....	90
Pineapple.....	2 scoops.....	100
Roquefort.....	1 cubic inch.....	75
Swiss.....	1 slice (2 x 2 x ¼ inch).....	90
Cottage.....	2 level tablespoons.....	35
Eggs (raw).....	1 average size.....	75
Eggs (boiled).....	1 average size.....	75
(1 tablespoon butter)		
Omelette.....	(3 eggs) ½ omelette.....	175
(3 tablespoons milk)		

Vegetables

Note: Unless otherwise stated, these values are for vegetables cooked in salted water. Cream sauce or butter must be calculated separately when added.

Artichokes.....	1 medium.....	60
Asparagus (canned).....	12 stalks, 3 inches long.....	25
Beets.....	⅓ cup.....	30
Baked beans (canned).....	½ cup.....	150
Lima beans.....	½ cup.....	100
Kidney beans.....	⅓ cup.....	75
String beans.....	½ cup.....	30
Cabbage.....	½ cup.....	10
Carrots.....	½ cup.....	20
Cauliflower.....	2½ cups.....	10
Celery (creamed).....	½ cup.....	65
Celery (raw).....	3 small stalks.....	10
Corn (canned).....	¼ cup.....	100
Lettuce.....	small head.....	15
Mushrooms (boiled).....	½ cup.....	80
Onions.....	½ cup.....	50
Onions (raw).....	1 small.....	25
Parsnips.....	½ cup.....	50
Green peas.....	3 tablespoons.....	40
Sweet potatoes.....	1 average size.....	200
Irish potatoes:		
Baked.....	1 medium.....	100
Boiled.....	1 medium.....	100
Chips.....	8 or 10 large pieces.....	100
Creamed.....	½ cup.....	125
Mashed.....	½ cup.....	100
Squash.....	½ cup.....	55
Spinach.....	2 tablespoons.....	10
Tomatoes (raw).....	½ cup.....	30
Tomatoes (canned).....	1 average size.....	35
Turnips.....	½ cup.....	25

Note: The low caloric value of certain vegetables is not an indication to put them aside for other foods of higher caloric value. Raise their value by the addition of butter, cream, and other foods.

FOODS	AMOUNT	CALORIES
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Fruits—Raw		
Apple.....	1 average size.....	75
Banana.....	1 large.....	100
Blackberries.....	3 tablespoons.....	60
Cantaloupe.....	½, 4½ inches in diameter.....	50
Cherries (stoned).....	½ cup.....	50
Grapefruit.....	½, 4 inches in diameter.....	50
Grapes.....	1 bunch.....	110
Lemon.....	1 average size.....	30
Orange.....	1 large.....	100
Orange juice (pure).....	1 cup.....	175
Peach.....	1 average size.....	45
Pear.....	1 average size.....	50
Pineapple (canned).....	1 slice with 3 tablespoons juice.....	100
Plum.....	1 average size.....	30
Raspberries.....	½ cup.....	45
Strawberries.....	½ cup.....	40
Watermelon.....	1 large slice (1 pound).....	50

Fruits—Dried		
Apricot.....	10 medium size halves.....	100
Dates.....	5 medium sized.....	100
Figs.....	2 medium sized.....	100
Prunes.....	5 medium sized.....	100
Raisins.....	¼ cup.....	100

Fruits—Stewed (calories inclusive of sugar)		
Apple (baked).....	1 medium size.....	100
Apple sauce.....	3 heaping tablespoons.....	100
Cranberries.....	2 tablespoons.....	100
Figs.....	2 figs.....	100
Prunes.....	4 medium sized with juice.....	100
Rhubarb.....	½ cup.....	100
Currant jelly.....	1 tablespoon.....	50
Orange marmalade.....	1 tablespoon.....	50

Bread		
Rye.....	1 slice (3½ x 3 x ½ inch).....	100
Whole wheat.....	2 slices (4 x 3½ x ⅜ inch).....	100
White.....	2 slices (3½ x 3 x ½ inch).....	100
Graham.....	2 slices (4 x 3½ x ⅜ inch).....	100
Cinnamon Bun.....	1 bun.....	150
Biscuit		
(baking powder).....	1 large biscuit.....	100
French rolls.....	1 large roll.....	110
Vienna rolls.....	1 large roll.....	125
Graham crackers.....	1 cracker.....	25
Oatmeal crackers.....	1 cracker.....	45
Salted crackers.....	1 cracker.....	15
Uneda crackers.....	1 cracker.....	25

Cookies		
Oatmeal.....	3 inches in diameter.....	135
Plain sugar.....	2¼ inches in diameter.....	50
Molasses.....	2 inches in diameter.....	35

Cakes		
Sponge.....	1 slice (2 x 2¾ x ⅞ inch).....	100
One egg.....	1 slice (1¾ x 1¾ x 1¾ inches).....	100
Chocolate loaf.....	1 slice (2 x 2 x 1 inch).....	100
Ginger bread.....	1 slice (1 x 2 x 2 inches).....	100
Fruit.....	1 slice (2 x 2 x ½ inch).....	100
Doughnuts.....	½ doughnut.....	100
Macaroons.....	1 macaroon.....	50
Lady fingers.....	1 lady finger.....	35